

Tips for Dining Out

Here is a quick guide for making healthy choices when going out to eat!

- ⇒ Salads can be a great low-fat choice—just remember to avoid shredded cheese, bacon, bits, and high-fat dressings. Instead try choosing a low-fat dressing option such as a vinaigrette.
- ⇒ Try a baked potato (plain, with chili, or broccoli cheese), side salad, fruit, steamed vegetables as your side instead of French fries.
- ⇒ Watch portion sizes. Go for the smallest option, especially with burgers and fried foods. Split large or high fat options with a friend, or take half home for later!
- ⇒ In general, avoid anything fried, battered, breaded, “doubled”, or “tripled”. Instead choose grilled, baked, broiled, or roasted versions.
- ⇒ For pizza, try less cheese, thin crust, and vegetables instead of pepperoni or sausage.
- ⇒ Think you drink! Choose water, unsweetened tea, or 100% juice instead of sodas.



Questions or comments? Contact Maricopa County Department of Public Health,
Office of Nutrition and Physical Activity
nutrition@mail.maricopa.gov or (602) 506 - 3663